

# Chatter

950 Nicollet Mall, Suite 290 Mpls 55403

MEDICA®SKYWAY SENIOR CENTER

612-370-3869 Mon-Fri 9 a.m.-3 p.m.

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## Thank You Silent Auction Participants!

The annual 2010 Art Event and Silent Auction was another success and we couldn't have done it without our business and private donations! A **big thanks** to Jean Stephens Gallery for their beautiful art and contribution to the center. The Friends also want to thank Zelo Restaurant, Haskell's, 225 Barbers, Guthrie Theatre, The Minnesota Vikings, Monte Carlo Restaurant, Murray's Restaurant, Hennepin Theatre Trust, The Melting Pot, Jungle Theater, Vincents/Britt's Pub, Minnesota Orchestra, International Culinary School Gourmet Gallery, The Bombay Bistro, Keys Café, Cowboy Slims, Rocco Altobelli Salon, Hell's Kitchen, Dunn Brothers Coffee, Wilde Roast Café, and many individual donors – Kay Hayes, Jim Adams, Ruth Kildow, Wallace Swan, Art Hogensen, Carol Christensen, Barbara Nysten, Howard Carson, Helen Desich, Carolyn Moe and many anonymous supporters!

**Thanks for Your Support!**

## New Inside

We have a new format! Ongoing activities are activities that have set days they occur and our other programs, activities and events are now listed by month for easier reference. Check out:

- A new, more convenient way to purchase exercise classes
- Current Events moving to a new day and time
- Special Presentation during July Current Events
- 4th of July Celebration
- Special Presentation for July Sit N Stitch
- Special Artist Reception hosted by the Medica Skyway Senior Center Advisory Committee in September
- New Resource at the Center – Advocates available every month!



**Center Director**  
Christina Kendrick

**Advisory Council**

Donald Leners  
*Chair*

Adrienne Merrill-Ratliff  
*Vice-Chair*

Fay Harrison,  
*Secretary*

Carol Christensen

Dorothy Cunningham

Annella Duerr

Herman Gross

Patricia Hastreiter

Kay Hayes

Joanne Labernik

Jay Pendleton

Mae Range

Ruth Weber

**Friends of the  
Medica® Skyway  
Senior Center Board**

Terry Diebold  
*President*

Becky Bates  
*Vice-President*

Barbara Nysten  
*Secretary*

Michael Murtaugh  
*Treasurer*

Lisa Goodman  
*Councilmember*

Sara Goodnough

Fay Harrison

Art Hogensen

Corinne Zwickey

Robert Steblay  
*Medica®*

Jennifer Wright

## WHY DO YOU WANT TO KNOW THAT?

The 2010 Census is under way and in today's era it seems like everyone wants to know something about you. However, many decisions are made based on basic population information. The Census did a good job explaining how important collecting this information is, especially to ensure that your community is properly represented politically and financially.

The Medica Skyway Senior Center and their partners and sponsors also make decisions based on information they receive. The Center has a unique challenge in providing this information because there is no membership. Anyone 50 and better is able to come and participate at their comfort level – a barrier free resource!

Information about who the Center serves guides decisions about programming offered. Just as important, information about who the Center serves guides participation and support from financial supporters, partners, politicians, and others who are invested in the Center and all it offers. Limited information can be a detriment to ensuring quality programs and services are offered and other resources such as financial partnerships are secured.

There is now an opportunity for you to ensure that the Center is sustained and the programs and resources continue to meet the community's needs.

A simple, ANONYMOUS questionnaire is available for you to fill out. A few minutes of your time can provide the tools necessary to:

- Ensure financial support
- Ensure you are represented
- Ensure the Center is meeting your needs
- Ensure the Center remains a vital resource in Minneapolis

The questionnaire is only a few questions and is available at the center or we can mail you out one at request. Please consider taking a minute, it will have significant impact!

### Please accept my donation to support the Skyway Senior Center

☐ \$10    ☐ \$25    ☐ \$50    ☐ \$100    other \$ \_\_\_\_\_

Enclosed is my tax-deductible gift payable to:  
Friends of the Medica® Skyway Senior Center.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

# Day Trips & Tours



## ❖ Afton House Inn Lunch and Boat Cruise

Join us as we venture to Afton, MN for a delicious sit-down lunch at the historic Afton House Inn. The menu features chicken crepes, rice pilaf, vegetable, rolls, beverage, and pound cake with warm blueberries and whipped cream. An optional walk through some of the historic guest rooms will be available. Afterward, step outside to board the luxury charter Afton Princess for a leisurely cruise on the St. Croix. Enjoy the breathtaking sights and summer breezes on this 1 ½ hour narrated cruise. Price includes lunch, cruise, gratuity, and coach bus transportation.

**Thursday July 22 9:15 am - 4:45 pm \$47**

## ❖ Lakewood Cemetery and Memorial Chapel

The Lakewood Chapel is on the National Register of Historic Places and serves as the architectural focal point of the cemetery. Many consider the interior to be the perfect example of Byzantine mosaic art in the U.S. This year celebrates the Chapel's 100<sup>th</sup> anniversary. Bob Hatlestad, administrator with Lakewood, will discuss the fascinating history of the chapel and cemetery and some of the famous memorials there. Learn about the cemetery's founders and ties to the early days of the city. Afterward, there is an optional self-guided walking tour of the grounds. To register, call 612-668-3450. Transportation is on your own. *Meet at Lakewood Cemetery Memorial Chapel, 3600 Hennepin Ave.*

**Tuesday July 27 9:00 am - 10:30 am Free**

## ❖ The Guthrie Theater presents *The Scottsboro Boys*

*The Scottsboro Boys* is based on the true story of the 1930s case in which a group of nine innocent African American teenagers was falsely accused of a terrible crime against white women in Alabama. After a series of trials, the Scottsboro events provoked national outrage that helped spark the civil rights movement. This new musical depicts one of the most important chapters in American history. Transportation is on your own. *Meet at the Guthrie Theater, 818 2nd Street South.*

**Wednesday August 18 12:45 pm - 4:00 pm \$22**

All trips co-sponsored with Minneapolis Community Education. No refunds or vouchers provided for trip cancellations unless a replacement can be found.

## Pick-Up Points for Trips:

**Dowling School, 3900 West River Parkway**

**Hawthorne Transit Station, 31 North 9<sup>th</sup> Street**

**Northeast Middle School, 2955 Hayes Street NE**

**Olson Middle School, 1607 51<sup>st</sup> Avenue North**

**Parker Skyview Highrise, 1815 Central Avenue NE**

**Windom School, 5821 Wentworth Avenue South**

## Contact Minneapolis Community Education to Register

Call: 612-668-3450

– or send your payment to –

Patty Hastreiter, Minneapolis Community Education  
201 W. 49th St. Minneapolis, MN 55419

Notice: Please be advised that the Medica<sup>®</sup> Skyway Senior Center does not sponsor or have a relationship with the organizations that hold meetings or events at the Medica<sup>®</sup> Skyway Senior Center, unless specifically stated otherwise.



## Events Around Town

### **Uptown Art Fair 2010: Urban Experiences**

Over 360 professional artists, 40 youth artists, 25 performers, 20 food vendors and hundreds of Uptown businesses will help uphold the event's 47 year legacy of excellence. Located at the intersection of Lake Street and Hennepin Avenue and "The Mall" in southwest Minneapolis. During the event, the art fair headquarters is located on Hennepin Avenue.

**August 6<sup>th</sup> - 8<sup>th</sup>**

### **Music in the Parks 2010 Lake Harriet Bandshell Free Concerts**

**612-230-6475**

**43<sup>rd</sup> Street West &  
East Lake Harriet Parkway  
Minneapolis, MN 55409**

### **Minneapolis Aquatennial**

Aquatennial is the official civic celebration of the City of Minneapolis. Entering its 71<sup>st</sup> year, Minneapolis residents, workers, and tourists have come to love and appreciate all that the City of Minneapolis has to offer during the Aquatennial Festival. We invite you to join in the celebration and enjoy the best days of summer!

**July 16<sup>th</sup> - 24<sup>th</sup>**

### **Minnesota Fringe Festival**

This enormous theater festival features over 150 60-min plays performed throughout the Twin Cities. For a complete schedule visit [www.fringefestival.org](http://www.fringefestival.org) or call for more info.

**August 5<sup>th</sup> - 15<sup>th</sup>**

**612-872-1212**

**528 Hennepin Avenue #503  
Minneapolis, MN 55403**

MSSC is successful because of the generosity of our visitors and friends!  
All donations of cookies, napkins, microwave (non-diet) popcorn, Kleenex, etc. are still being accepted and are very much appreciated!



# Artists of the Month

*Meet the artists and join us for a close-up chat with these creative minds.*



## July *Bob Payton*

Bob Payton's fabric collages are abstract expressions of imagination that celebrate the joy of music and creativity! Instead of naming them with descriptive titles, Payton uses Greek letters, inviting viewers to join him in the delightful act of discovery and interpretation. "I never know in advance what I'm going to get," says Payton. "It's like magic, there's always an element of surprise." A self taught artist, Bob Payton is influenced by world music and plays the banjo, guitar, harmonica and harp. Other inspirations include primitive tribal art and natural habitats and ecosystems. His hospital therapeutic recreation work uses music and art to help Alzheimer's and traumatic brain injury patients. Additionally, he's involved in organizing international networks to promote the arts in healthcare and is the Communications Director of the Midwest Arts in Healthcare Network, and serves on the Board of Directors of the Society for the Arts in Healthcare.

Reception Wednesday, July 7<sup>th</sup> at 1:00

## August *William Kerr*

William was classically trained by his paternal grandmother, Mary Seymour Brooks. Mary studied under William Bouguereau in Paris, and later painted numerous estate and corporate portraits in Cleveland, Ohio. William Kerr paints and draws in several styles and in a number of mediums: water color, pen and ink, pastels,

acrylics, even outdoor house paints at times. He painted all of the signs for three corner businesses at 15<sup>th</sup> and Nicollet in Minneapolis.

Reception Tuesday, August 10<sup>th</sup> at 1:00

## September

Open Art Show for All with Lots of Treats!  
Sponsored by the Medica Skyway Senior  
Center Advisory Committee.

If it can be hung, bring it on in! Express your creative side: any art project, any medium is welcome just as long as it can be hung on our gallery display system! Each person can reserve up to 2 spots (for 2 art pieces total per person). 26 spots are available, call Christina at 612-370-3869 by August 31<sup>st</sup> to reserve your spot.

Reception Thursday, September 9<sup>th</sup> 12:30-2:30

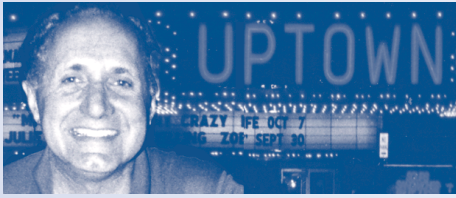


\*Artist's works  
are for sale.  
Please inquire  
at the center  
if interested.



## Interested in Showing Your Art?

We are always looking for artists of all mediums to feature at our center. You just have to be able to hang it! Call 612-370-3869 and ask for Christina Kendrick for more information.



## At the Movies with *"Downtown Tom"*

### LOOKING BACK: THE MOVIES AT MEDICA AND THE PEOPLE WHO SEE THEM

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Almost since its inception over six years ago, the mostly Friday noon movie activity has taken curious viewers into realms of entertainment discovery. From bedrooms to boardrooms to battlefield, the scope of films screened has been as varied as possible: comedies, horror, musicals, biography, suspense thrillers; across decades, blending the older "classical" film with the recent new; with a scattering of documentaries, occasional foreign titles, and films promoting diversity. Throw in free popcorn and a noise-free viewing environment; where else can you see free movies that are guaranteed to entertain?

Well, almost always. I don't get too upset when I learn that viewers have walked out on any given film. Most recently, many didn't connect with "A Delicate Balance" (starring Katharine Hepburn) and "Bright Star," the film about the death of a young poet. It becomes a real concern if most selected films are either walkouts or have a poor draw. Viewers must know that many titles that I'd like to get just aren't gettable. What is important is a having a blend of well-chosen titles that connect with a senior's past – especially movie past – as well as newer titles that ignite the present.

One thing I think I've learned: there's no such thing as a "senior's movie." Seniors flat-out aren't interested in limiting themselves to seeing their generation reflected back at them onscreen. (There's only so much "On Golden Pond" one can stomach!) Perhaps the actor who comes closest to captivating audiences with his "senior's" charm is... Jack Nicholson! His portraits of the man facing retirement and a cloudy vision of sex after the Big R slam-dunked Medica Skyway audiences with his trademark smirk in such films as "Something's Gotta Give" and "About Schmidt." Likewise, Jill Clayburgh's Erica in "An Uncertain Woman" rocked female viewers with her depiction of life after a 16-yr marriage. Just about anything Meryl Streep is in will fill chairs. Musical films rule!

In 2004, Medica Skyway Senior Center "experimented" with the film "Crash." Remember "Crash," – the Los Angeles tale of racial and multi-ethnic bigotry and violence? The previous Center director had strong reservations about what impact the film's violence might have; she suggested having a facilitator-led group discussion following the film to siphon off negative residue. The result was a huge turnout to "Crash" followed by an intelligent sorting out of the film's particulars by hungry audience members – hungry to discuss and share. Conclusion: don't be afraid to challenge seniors with a controversial film that's bound to arouse diverse reactions.

Film screenings at Medica Skyway Senior Center offer a unique urban experience on several levels: a tune-up for the blahs; an alternative to the costly mediocrity offered at most movie houses; and perhaps most important, a place to sink into comfy chairs & chew over what the movie meant to you after the show's over!

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# Movie Time



Sponsored by TCF National Bank,  
Target Skyway Traditional Branch

## ❖ Sherlock Holmes – PG-13, 2009 (128 min.)

Detective Sherlock Holmes and his partner Watson engage in a battle with an enemy whose plot is a threat to all of England. Robert Downey, Jr. and Jude Law.

(action-adventure-crime-mystery)

F Jul 2 12:00 Free

## ❖ The Postman Always Rings Twice – PG, 1946 (113 min.)

A married woman (Lana Turner) and drifter (John Garfield) fall in love, then murder her husband. Once the deed is done they must live with the consequences.

(drama-crime-thriller)

F Jul 9 12:00 Free

## ❖ It's Complicated – R, 2009 (120 min.)

A divorced couple (Meryl Streep and Alec Baldwin) reignite the spark in their relationship... but it's complicated because he's already re-married.

(comedy-drama)

F Jul 16 12:00 Free

## ❖ Wait Until Dark – PG, 1967 (108 min.)

Audrey Hepburn as a recently blinded woman terrorized by a trio of thugs who believe a heroin stuffed doll is somewhere in her apartment.

(crime-drama-thriller)

Th Jul 22 12:00 Free

## ❖ Nine – PG-13, 2009 (118 min.)

Italian film director Guido Contini (Daniel Day-Lewis) has dramatic relationships with women (his wife, mistress, muse, agent, and mother). Penelope Cruz, Nicole Kidman, Kate Hudson in musical numbers.

(drama-musical-romance)

F Jul 30 12:00 Free

## ❖ I'll Cry Tomorrow – PG, 1955 (119 min.)

Susan Hayward as singer-actress Lillian Roth who's driven by her mother to be a star. Personal losses lead her to alcohol and she fights to regain self-respect.

(biog-drama-musical)

F Aug 6 12:00 Free

## ❖ Falling Down – R, 1993 (113 min.)

Michael Douglas as an unemployed defense worker frustrated with the various flaws he sees in society; he loses self-control, lashing out at what he sees, including his ex-wife.

(crime-drama/thriller)

F Aug 13 12:00 Free

## ❖ The Blind Side – PG-13, 2009 (129 min.)

With the help of a caring woman (Sandra Bullock) and her family, a homeless, traumatized boy becomes an All-American football player and first round NFL draft pick.

(biog/drama/sport)

F Aug 20 12:00 Free

## ❖ The Hudsucker Proxy – PG, 1994 (111 min.)

Tim Robbins as Norville Barnes, a naive business graduate, who's installed as president of a manufacturing company as part of a stock scam. Paul Newman co-stars.

(comedy-drama-fantasy-romance)

Th Aug 26 12:00 Free

## ❖ All The King's Men – PG, 1949 (110 min.)

Broderick Crawford plays Willie Stark, a corrupt Southern politician, who makes his friends richer and retains power by populist appeal... until things fall apart.

(drama)

F Sept 3 12:00 Free

## ❖ Up in the Air – R, 2009 (108 min.)

George Clooney as Ryan Bingham who lives an empty life traveling around the country firing people – until his company does the unexpected: they ground him.

(drama-romance)

F Sept 10 12:00 Free

## ❖ Frost/Nixon – R, 2008 (122 min.)

A dramatic retelling of British television host David Frost's post-Watergate interviews with former president Nixon.

(drama-history)

F Sept 17 12:00 Free

## ❖ Crazy Heart – R, 2009 (112 min.)

Jeff Bridges as a faded country music musician who's forced to reassess his dysfunctional life during a doomed romance that also inspires him.

(drama-music-romance)

Th Sept 23 12:00 Free

Viewing is limited to 25. Seating is first come, first served – no reservations. All movies start at noon.

## A New Way To Pay!

We will be going to “punch cards” starting July 1<sup>st</sup>. Each card is \$16.00 and has 8 classes listed on it. You can buy as many cards as you want, or just one. Each class you attend will be initialed by the instructor. When your card is filled up, just purchase another one. You can go to as many or as few classes as you wish! The cards don’t expire and if a class is cancelled you don’t pay a thing. There are no refunds, so don’t lose your card. If you like, we will have a convenient spot at the front desk to keep your card. Let the receptionist know which exercise classes you plan on attending, but you can go to others if you are interested.

## Ongoing Activities

### ❖ Walking Club

The walking club works with all fitness levels. Try it out and have your friends come with you, everyone is welcome! Wear comfy clothes and shoes.

Every Thursday      10:00 – 11:00      Free

### ❖ SilverSneakers® Muscular Strength and Range of Motion

New time! Advance payment and registration form is required. Everyone is welcome, you do not need to have SilverSneakers® to join this class. Max. of 10 and min. of 6 participants.

Every Monday      Jul 5 – Sep 27      10:00 – 10:45  
Every Friday      Jul 2 – Sep 24      10:00 – 10:45

### ❖ SilverSneakers® Yoga Stretch

Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. Yoga is from 11:00-11:45 with an opportunity for a progressive floor stretch series the last 15 minutes for those who are interested (not SilverSneakers® endorsed). Everyone is welcome to join. Advance payment and registration form is required.

Every Wednesday      July 7 – Sep 29      11:00 – 12:00

**Any questions about the exercise classes? Please don't hesitate to call the center at 612-370-3869.**

### ❖ Tai Chi Exercise with Mieng Lam

Gentle movements target specific muscle groups. Tai Chi incorporates a relaxed, meditative approach to physical activity. Everyone is welcome. Advance payment and

registration form is required. SilverSneakers® eligible.

Every Tuesday      July 6 – Sep 28      9:30 – 10:30  
Every Thursday      July 1 – Sep 30      9:30 – 10:30

### ❖ I Can Eat Sensibly (I.C.E.S.)

I.C.E.S. is a group that meets once a month to support each other, share recipes, exercise articles, and exchange health information. ICES is a great way to stay on course with your healthy lifestyle or learn how to get started. This is a group to confer, share, and connect with others whose goal is to stay healthy, active, and nutritionally sound. You can bring your lunch or even a healthy snack to share.

M      July 12, Aug 9, Sept 13      11:00 – 12:30      Free

### ❖ Foot Care Clinics

Foot care clinics are in full swing! Comprehensive foot care that now includes a great foot soak, so bring your towel. Call for your foot-care appointment. If you make an appointment and don't cancel at least 24 hours in advance, you will be charged. Sign up early, the clinics are very popular!

F      July 23, Aug 27, Sept 24      11:00 – 3:00      \$25

### ❖ Sit n' Stitch

Knitting, crocheting, needlepoint, quilting, etc. Bring your projects, join friends, and make new ones. Lots of fun, conversation, creativity, good jokes and stories and an appreciation for the craft of knitting, crocheting and needlework. Bring magazines or even a good recipe to share. **See July's Special Guest!**

Tu      July 6, Aug 3, Sept 7      12:30 – 2:30      Free

### ❖ Birthday of the Month Club

Celebrate your birthday, your friend's birthday, or just wish a stranger a happy birthday the first Tuesday of every month at noon. Enjoy birthday cake and refreshments compliments of the Medica® Skyway Senior Center.

Tu      July 6, Aug 3, Sept 7      12:00 – 12:30      Free



## ❖ Bundles of Love Club

A great activity for a great cause! Help newborns in need by preparing blankets and other items, no sewing or knitting required. There's something for everyone to do, and great conversation! If you want to volunteer once a month, please call and register at 612-370-3869.

W July 14, Aug 11, Sept 8 9:30 – 12:00 Free

## ❖ Book Club

*July – Water for Elephants by Sara Gruen*

As a young man, Jacob Jankowski was tossed onto a train that was home to the Benzini Brothers Most Spectacular Show on Earth. It was the early part of the great depression, and for Jacob, now ninety, the circus was both his salvation and a living hell. A veterinary student just shy of a degree, he was put in charge of caring for the menagerie. It was there that he met Marlena, a beautiful equestrian star married to August, the charismatic but twisted animal trainer. And he met Rosie, an untrainable elephant who was the great gray hope for this third-rate traveling show. The bond that grew among this unlikely trio was one of love and trust; ultimately, it was their only hope for survival.

*August – Canoeing with the Cree by Eric Sevareid*

In 1930 two novice paddlers, Eric Sevareid and Walter C. Port, launched a secondhand 18-foot canvas canoe into the Minnesota River at Fort Snelling for an ambitious summer-long journey from Minneapolis to Hudson Bay. Without radio, motor, or good maps, the teenagers made their way over 2,250 miles of rivers, lakes, and difficult portages. Nearly four months later, after shooting hundreds of sets of rapids, surviving bad conditions and even worse advice, the ragged, hungry adventurers arrived in York Factory on Hudson Bay with winter freeze-up on their heels. A classic account first published in 1935.

*September – Fences by August Wilson*

Fences tells the story of Troy Maxson, a former star of the Negro baseball leagues who now works as a garbage man in 1957 Pittsburgh. Excluded as a Negro from the major leagues during his prime, Troy's bitterness takes its toll on his relationships with both his wife and son who now wants his own chance to play.

Th July 15, Aug 19, Sept 16 10:00 – 11:00 Free

## ❖ The Lunch Bunch

Grab a bite to eat in downtown's finest establishments. Meet at the center at 11:00 for lunch at 11:30. We hope you can join us, everyone is welcome. Please register in advance so we can give the restaurant an accurate count.

F July 23 The Forum 40 S 7th St 354-2017 11:30

F Aug 27 Peter's Grill 114 8th St S 333-1981 11:30

F Sep 24 Kieren's Pub 600 Hennepin 339-4499 11:30

## ❖ Computer Tutor

From turning on the computer to e-mailing photos, all skill levels are welcome! Call to make an appointment for 30 minutes of free, one-on-one computer assistance with one of our many experienced volunteers. Monday – Friday times available. Donations to the center are appreciated! Cancellations require at least 24 hours notice.

## ❖ Catching Up on Current Events

Starting in August the current events discussion group will meet every Monday to enjoy an open, engaging, and insightful forum of today's hot topics. A calendar will be available in the classroom to see what will be discussed – just fill in your name and topic on an open day and you are the facilitator! Bring information, ideas, even guest speakers. This is a great way to engage and connect! Refreshments will be served.

Every Wednesday July 7 – July 28 9:30 – 10:30

Every Monday Aug 2 – Sept 27 1:00 – 2:30

## ❖ Resource Connection

*Senior Ombudsman / Senior Advocate*

Ruth Kildow can assist you with issues of personal safety, independent living, housing options, in-home visits, home repairs, property assessments, and other needs.

*Social Worker / Care Manager / Housing Advocate*

Katie Smith from Catholic Charities can help you securing housing, financial and medical assistance and fill out paperwork as well as other needs. 62 and older.

*Veteran's Administration Advocate*

Did you or a family member serve in the military? Most people do not realize the many benefits they are entitled to, even if they were told they do not qualify. Patricia Manley will answer your questions.

Th July 15, Aug 19, Sep 16 1:00 – 2:30 Free

**\*\* Please register for all classes and trips UNLESS otherwise noted. \*\***

## July Activities

### ❖ Barbara Lewis visits Sit n' Stitch

Bring your mother's quilt, your brother's baby blanket or any other endearing memory to share your special "stitch in time"! Barbara will share her "scrappy" quilts – one modern style and one traditional style and how quilting can create memories.

Tu Jul 6 12:30 – 2:30 Free

### ❖ Party Like The 4<sup>th</sup> of July

An American celebration can be on any day! Join friends for a great time at the center. Have treats and learn how the celebration of the 4<sup>th</sup> of July came about with a 1-hour documentary by the History Channel.



Th Jul 8 1:00 – 2:30 Free

### ❖ Guthrie Theater Discussion

*A Streetcar Named Desire* by Tennessee Williams

The tragic unraveling of Blanche Du Bois plays out with an atmosphere of heated passion in this classic drama. Settling in with her sister Stella and Stella's husband Stanley, Blanche crafts an image that masks her secret past. "A Streetcar Named Desire" is a truly compelling and intensely emotional theatrical experience.

Tu Jul 13 11:00 – 12:00 Free

### ❖ Gray Matters: Aging and Mental Health

Hallmarks of good mental health include the ability to enjoy life, being resilient when faced with setbacks, being at ease when alone and with others, and feeling an urge toward achieving your potential. How does mental health change with age? How do you know when to take action when issues appear?

Tu July 13 1:00 – 2:30 Free

### ❖ The Need to Breathe: Living Smoke Free

Secondhand smoke is a major health issue, and one that leaves seniors especially vulnerable. Live Smoke Free is a local program that works with apartment

building managers and owners who are considering transitioning their buildings to be completely smoke free. Live Smoke Free also provides assistance to local renters that have problems with secondhand smoke in their unit. A



Live Smoke Free representative will be available to give advice on how to protect yourself from second-hand smoke, along with information on your legal rights as a renter dealing with secondhand smoke.

Tu Jul 27 1:00 – 2:30 Free

## August Activities

### ❖ Healthcare Reform

AARP has been working with Republican and Democratic leaders for years on finding a solution that improves health care for all. Historical legislation has been passed and there are a lot of questions, concerns and myths running wild. Andrew Parish, Associate State Director of Community Outreach for AARP will come to the center's current events session to discuss what the healthcare reform means to you.

M Aug 9 1:30 – 2:30 Free

### ❖ Guthrie Theater Discussion

*The Scottsboro Boys* by David Thompson

This musical is based on the true story of the infamous 1930's Scottsboro case where a group of nine innocent African-American teenagers were falsely accused of a terrible crime against a white woman in Alabama. After a series of trials, the Scottsboro events ultimately provoked national outrage that helped spark the civil rights movement.

Tu Aug 10 11:00 – 12:00 Free

### ❖ "It Can't Happen to Me, Can It?" – Disaster Preparedness for Seniors

Are you ready? Most of us don't like to think about how we would cope with disaster. But there is plan-

**\*\* Register for all classes and trips UNLESS otherwise noted. \*\***

ning you can do now that would make it easier to get through or recover from a disaster. Where would you go if you had to evacuate your home? Do you have supplies and food for at least three days? Learn how to make a plan, get a kit and be informed. Sponsored by Augustana.

Th Aug 12 1:00 – 2:30 Free

### ❖ There's No Place Like Home

Learn now how to plan for later from a specialist on what assisted living really means and how to find out if it is right for you. During this presentation we will cover topics such as: knowing when its time to move, what assisted living can provide, how to make the move, and how to plan ahead. Don't be caught in an emergency situation, find out what your options are now.

Tu Aug 17 1:00 – 2:30 Free

### ❖ Anti-Semitism

Anti-Semitism is prejudice against or hostility toward Jews, often rooted in hatred of their ethnicity. Michael Berde presents this lecture and discussion series. The Jewish Community Relations Council has developed this program, in hopes of improving understanding through education and dialogue. Class meets at the Medica Skyway Senior Center, 950 Nicollet Mall.

Tu Aug 24 1:00 – 2:30 Free

Tu Aug 31 1:00 – 2:30 Free

### ❖ The Streetcar Era in the Twin Cities

Find out the story of the Twin City Rapid Transit Company from its earliest days, through its heyday in the years before and immediately after World War I. Discover the reasons it eventually surrendered to the automobile. Learn about the geography of the Twin Cities streetcar system as well as its history, operations, economics and rebirth as light rail. Share your own memories of the street car era. Instructor: John Diers, transit historian and writer. Class meets at the Medica Skyway Senior Center, 950 Nicollet Mall.

W Aug 25 1:00 – 2:30 Free

## September Activities

### ❖ Foreign Policy Issues Discussion

Learn more about foreign policy issues facing our country through the nationwide Great Decisions program. The sessions feature lectures and discussions with local college professors and other guest speakers. Topics include: U.S.-China Security Relations, Global Financial Crisis, The Persian Gulf, and Peace Building and Conflict Resolution. Class meets at the Medica Skyway Senior Center, 950 Nicollet Mall.

W Sept 8 – 29 1:00 – 2:30 \$18

### ❖ Defensive Driving: 55 Alive 4-Hour Refresher Course



You must have competed the 8 hour 55 Alive Basic Driving Course before you can take the refresher course, sponsored by AARP. Licensed drivers age 55 and over who complete the course can reduce their

car insurance premium by 10% for three years. Class does not involve any driving or tests. Fee is payable to instructor the day of class, but please register in advance. Class limit of 15. Feel free to bring a snack, you must bring your Minnesota driver's license.

Tu Sept 14 11:00 – 3:00 \$12 AARP \$14 regular

### ❖ Guthrie Theater Discussion

*The Master Butcher's Singing Club* by Louise Erdich

This will be a world premiere of Marsha Norman's adaptation of the book by Louise Erdich. The director Francesca Zambello who successfully directed *Little House on the Prairie* returns for this staging of Erdich's grandfather's life between WWI and WWII.

Tu Sept 21 11:00 – 12:00 Free

### ❖ A Shot in the Arm: Immunizations for Adults

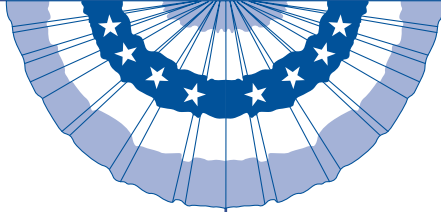


Hennepin County Immunization Services will answer your questions about the importance, availability, and risk of many vaccines available for adults like pneumonia, flu, shingles, chicken pox and so many more!

Tu Sept 21 1:00 – 2:30 Free

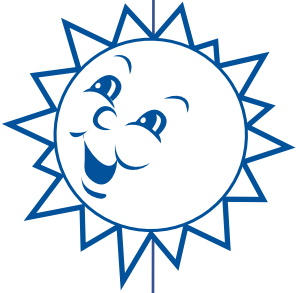
**\*\* Register for all classes and trips UNLESS otherwise noted. \*\***

# July 2010


Monday	Tuesday	Wednesday	Thursday	Friday
<p>* Denotes class that requires advance registration and payment.</p>			<p><b>1</b></p> <p>9:30 - 10:30 Tai Chi*</p> <p>10:00 - 11:00 Walking Club</p>	<p><b>2</b></p> <p>10:00 - 10:45 SilverSneakers®*</p> <p>Noon - 2:30 Movie: "Sherlock Holmes"</p>
<p><b>5</b></p> <p>Center Closed</p>	<p><b>6</b></p> <p>9:30 - 10:30 Tai Chi*</p> <p>Noon - 12:30 Birthdays of the Month</p> <p>12:30 - 2:30 Sit-n-Stitch with Barbara Lewis</p>	<p><b>7</b></p> <p>9:30 - 10:30 Catching Up on Current Events</p> <p>11:00 - Noon SilverSneakers® Yoga Stretch*</p> <p>1:00 - 2:30 Artist Reception</p>	<p><b>8</b></p> <p>9:30 - 10:30 Tai Chi*</p> <p>10:00 - 11:00 Walking Club</p> <p>1:00 - 2:30 Party Like the 4<sup>th</sup> of July!</p>	<p><b>9</b></p> <p>10:00 - 10:45 SilverSneakers®*</p> <p>Noon - 2:30 Movie: "The Postman Always Rings Twice"</p>
<p><b>12</b></p> <p>10:00 - 10:45 SilverSneakers®*</p> <p>11:00 - 12:30 I.C.E.S.</p> <p>1:00 - 2:30 I-CAN</p>	<p><b>13</b></p> <p>9:30 - 10:30 Tai Chi*</p> <p>11:00 - Noon Guthrie Theater Discussion</p> <p>1:00 - 2:30 Gray Matters</p>	<p><b>14</b></p> <p>9:30 - Noon Bundles of Love</p> <p>9:30 - 10:30 Catching Up on Current Events</p> <p>Noon - 1:00 SilverSneakers® Yoga Stretch*</p>	<p><b>15</b></p> <p>9:00 - 9:50 Tai Chi*</p> <p>10:00 - 11:00 Book Club and Walking Club</p> <p>1:00 - 2:30 Resource Connection</p>	<p><b>16</b></p> <p>10:00 - 10:45 SilverSneakers®*</p> <p>Noon - 2:30 Movie: "It's Complicated"</p>
<p><b>19</b></p> <p>10:00 - 10:45 SilverSneakers®*</p> <p>1:00 - 2:30 I-CAN</p>	<p><b>20</b></p> <p>9:30 - 10:30 Tai Chi*</p>	<p><b>21</b></p> <p>9:30 - 10:30 Catching Up on Current Events</p> <p>11:00 - Noon SilverSneakers® Yoga Stretch*</p>	<p><b>22</b></p> <p>9:30 - 10:30 Tai Chi*</p> <p>10:00 - 11:00 Walking Club</p> <p>Noon - 2:30 Movie: "Wait Until Dark"</p>	<p><b>23</b></p> <p>10:00 - 10:45 SilverSneakers®*</p> <p>11:00 - 3:00 Foot Care Clinic*</p> <p>11:00 - 12:30 The Lunch Bunch: The Forum</p>
<p><b>26</b></p> <p>10:00 - 10:45 SilverSneakers®*</p> <p>1:00 - 2:30 I-CAN</p>	<p><b>27</b></p> <p>9:30 - 10:30 Tai Chi*</p> <p>1:00 - 2:30 The Need to Breathe</p>	<p><b>28</b></p> <p>9:30 - 10:30 Catching Up on Current Events</p> <p>11:00 - Noon SilverSneakers® Yoga Stretch*</p>	<p><b>29</b></p> <p>9:30 - 10:30 Tai Chi*</p> <p>10:00 - 11:00 Walking Club</p>	<p><b>30</b></p> <p>10:00 - 10:45 SilverSneakers®*</p> <p>Noon - 2:30 Movie: "Nine"</p>



# August 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 10:00 - 10:45 SilverSneakers®* 11:00 - 12:30 Friends Board Meeting 1:00 - 3:00 I-CAN 1:00 - 2:30 Catching Up on Current Events	<b>3</b> 9:30 - 10:30 Tai Chi* Noon - 12:30 Birthdays of the Month 12:30 - 2:30 Sit-n-Stitch	<b>4</b> 11:00 - Noon SilverSneakers® Yoga Stretch*	<b>5</b> 9:30 - 10:30 Tai Chi* 10:00 - 11:00 Walking Club 1:00 - 2:30 Advisory Board Meeting	<b>6</b> 10:00 - 10:45 SilverSneakers®* Noon - 2:30 Movie: <i>"I'll Cry Tomorrow"</i>
<b>9</b> 10:00 - 10:45 SilverSneakers®* 11:00 - 12:30 I.C.E.S. 1:00 - 2:30 Catching Up on Current Events 1:30 - 2:30 Health Care Reform	<b>10</b> 9:30 - 10:30 Tai Chi* 11:00 - Noon Guthrie Theater Discussion 1:00 - 2:30 Artist Reception	<b>11</b> 9:30 - Noon Bundles of Love Noon - 1:00 SilverSneakers® Yoga Stretch*	<b>12</b> 9:30 - 10:30 Tai Chi* 10:00 - 11:00 Walking Club 1:00 - 2:30 It Can't Happen to Me Can It?	<b>13</b> 10:00 - 10:45 SilverSneakers®* Noon - 2:30 Movie: <i>"Falling Down"</i>
<b>16</b> 10:00 - 10:45 SilverSneakers®* 1:00 - 2:30 Catching Up on Current Events	<b>17</b> 9:30 - 10:30 Tai Chi* 1:00 - 2:30 There's No Place Like Home	<b>18</b> 11:00 - Noon SilverSneakers® Yoga Stretch*	<b>19</b> 9:00 - 9:50 Tai Chi* 10:00 - 11:00 Book Club and Walking Club 1:00 - 2:30 Resource Connection	<b>20</b> 10:00 - 10:45 SilverSneakers®* Noon - 2:30 Movie: <i>"The Blind Side"</i>
<b>23</b> 10:00 - 10:45 SilverSneakers®* 1:00 - 2:30 Catching Up on Current Events	<b>24</b> 9:30 - 10:30 Tai Chi* 1:00 - 2:30 Anti-Semitism I	<b>25</b> 11:00 - Noon SilverSneakers® Yoga Stretch* 1:00 - 2:30 Streetcar Era	<b>26</b> 9:30 - 10:30 Tai Chi* 10:00 - 11:00 Walking Club Noon - 2:30 Movie: <i>"The Hudsucker Proxy"</i>	<b>27</b> 10:00 - 10:45 SilverSneakers®* 11:00 - 3:00 Foot Care Clinic* 11:00 - 12:30 The Lunch Bunch: Peter's Grill
<b>30</b> 10:00 - 10:45 SilverSneakers®* 1:00 - 2:30 Catching Up on Current Events	<b>31</b> 9:30 - 10:30 Tai Chi* 1:00 - 2:30 Anti-Semitism II			* Denotes class that requires advance registration and payment.

# September 2010

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> 11:00 - Noon SilverSneakers® Yoga Stretch*	<b>2</b> 9:30 - 10:30 Tai Chi* 10:00 - 11:00 Walking Club 1:00 - 2:30 Advisory Board Meeting	<b>3</b> 10:00 - 10:45 SilverSneakers®* Noon - 2:30 Movie: "All the Kings Men"
<b>6</b> Center Closed	<b>7</b> 9:30 - 10:30 Tai Chi* Noon - 12:30 Birthdays of the Month 12:30 - 2:30 Sit-n-Stitch	<b>8</b> 9:30 - Noon Bundles of Love Noon - 1:00 Silver-Sneakers® Yoga Stretch* 1:00 - 2:30 Foreign Policy Discussion	<b>9</b> 9:30 - 10:30 Tai Chi* 10:00 - 11:00 Walking Club 12:30 - 2:30 Artist Reception	<b>10</b> 10:00 - 10:45 SilverSneakers®* Noon - 2:30 Movie: "Up In the Air"
<b>13</b> 10:00 - 10:45 SilverSneakers®* 11:00 - 12:30 I.C.E.S. 1:00 - 2:30 Catching Up on Current Events	<b>14</b> 9:30 - 10:30 Tai Chi* 11:00 - 3:00 Defensive Driving 4hr	<b>15</b> 11:00 - Noon Silver-Sneakers® Yoga Stretch* 1:00 - 2:30 Foreign Policy Discussion	<b>16</b> 9:00 - 9:50 Tai Chi* 10:00 - 11:00 Book Club and Walking Club 1:00 - 2:30 Resource Connection	<b>17</b> 10:00 - 10:45 SilverSneakers®* Noon - 2:30 Movie: "Frost/Nixon"
<b>20</b> 10:00 - 10:45 SilverSneakers®* 1:00 - 2:30 Catching Up on Current Events	<b>21</b> 9:30 - 10:30 Tai Chi* 11:00 - Noon Guthrie Theater Discussion 1:00 - 2:30 A Shot in the Arm	<b>22</b> 11:00 - Noon Silver-Sneakers® Yoga Stretch* 1:00 - 2:30 Foreign Policy Discussion	<b>23</b> 9:30 - 10:30 Tai Chi* 10:00 - 11:00 Walking Club Noon - 2:30 Movie: "Crazy Heart"	<b>24</b> 10:00 - 10:45 SilverSneakers®* 11:00 - 3:00 Foot Care Clinic* 11:00 - 12:30 The Lunch Brunch: Kieran's
<b>27</b> 10:00 - 10:45 SilverSneakers®* 1:00 - 2:30 Catching Up on Current Events	<b>28</b> 9:30 - 10:30 Tai Chi*	<b>29</b> 11:00 - Noon Silver-Sneakers® Yoga Stretch* 1:00 - 2:30 Foreign Policy Discussion	<b>30</b> 9:30 - 10:30 Tai Chi* 10:00 - 11:00 Walking Club	* Denotes class that requires advance registration and payment.



## Registration Form for Center Activities Only – No Trips



Name _____	Phone (    ) _____
Address _____	Apt. # _____
City _____	Zip _____
Class 1 _____	Fee _____
Day _____ Date _____	Time _____
Class 2 _____	Fee _____
Day _____ Date _____	Time _____
Check # _____	Fee Total _____
Make Checks Payable To: <b>Minneapolis Finance Department</b>	Send To: Medica® Skyway Senior Center 950 Nicollet Mall, Suite 290 Minneapolis, MN 55402
For Office Use Only: Date received: _____ Initials: _____	



## Registration is Easy



### By Mail

For each class (NOT TRIPS), make out a registration form and check payable to the *Minneapolis Finance Department*. If two or more people are registering for the same class, one check may be used.

#### Mail registration materials to:

Medica® Skyway Senior Center  
950 Nicollet Mall, Suite 290  
Minneapolis, MN 55402

### FOR TRIPS PLEASE SEE PAGE 3 INSTRUCTIONS

### In Person

Come directly to the Medica® Skyway Senior Center, Suite 290, and fill out a registration form.

### By Phone

For Trips call 612-668-3450.

For Classes call 612-370-3869.

Monday-Friday, 9 a.m.-3 p.m., and have the class information ready. Classes that require advance payment, your registration will be confirmed once payment is received.

### Cancellations

A minimum of 7 days is required prior to class date for full refund unless noted otherwise.  
NO refunds on trips.

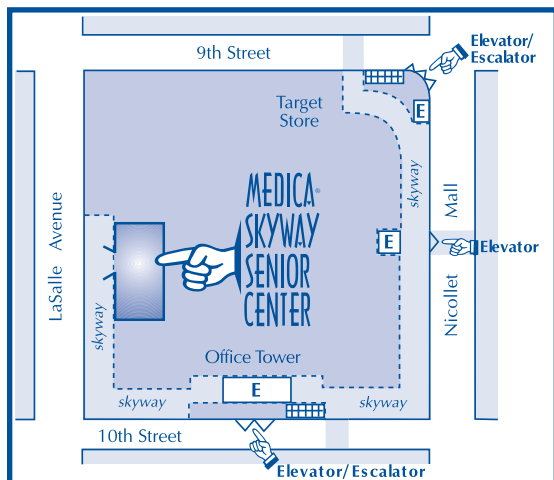
## Medica® Skyway Senior Center

950 Nicollet Mall, Suite 290  
Minneapolis, MN 55403

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If you **DID NOT** receive this newsletter in the mail and would like to, call 612-370-3869 and we will add you to our mailing list.

### Map to Medica® Skyway Senior Center



Published by the Medica® Skyway Senior Center, a program of the Minneapolis Department of Health and Family Support. Call 612-370-3869 to request additional copies.  
E-mail: [skywaycenter@ci.minneapolis.mn.us](mailto:skywaycenter@ci.minneapolis.mn.us) Website: [www.ci.minneapolis.mn.us/seniors](http://www.ci.minneapolis.mn.us/seniors)

## How Do I Find the Medica® Skyway Senior Center?

### Location:

Our mailing address is 950 Nicollet Mall, Suite 290. We are located on the second floor, skyway-level of the building on the LaSalle Avenue side of the skyway. There is no street-level public entrance from LaSalle Avenue to the Medica® Skyway Senior Center. Refer to map above.

### Street-Level Entrances:

**50 South 10th Street** – This is the nearest street level entrance to the Medica® Skyway Senior Center. Take the escalator or the elevator up to the skyway level. Follow the skyway west (toward LaSalle Ave.), turn right and walk to suite 290, The Medica® Skyway Senior Center.

**900 Nicollet Mall** – This entrance takes you to the Target store. Go up the escalator to the skyway level (second floor). **The Medica® Skyway Senior Center is not located in the Target store.** Once you get to the skyway level, follow the skyway all around the perimeter of the building heading south, west and north to suite 290, the Medica® Skyway Senior Center. This is about a two-block walk.

### Parking Ramp:

There is a municipal parking ramp in the building. The entrance is on LaSalle Avenue (a two-way street), between 9th and 10th Streets. Go to the public parking area (bear to the right). The Target guest parking area is straight ahead down the parking ramp. The Target guest parking rates are slightly higher than the public parking area. Once you have found a parking space, go to the 10th Street elevators through the yellow or blue door and get off the elevator at the skyway level. As you exit the elevator area, turn right. Follow the skyway west and north to suite 290, the Medica® Skyway Senior Center.

### Bus:

10th Street and Nicollet is the nearest bus stop for the Medica® Skyway Senior Center. Use the 50 South 10th Street entrance. Follow instructions listed above for 50 South 10th Street. For bus schedule information, contact Metro Transit at 612-373-3333 or [www.metrotransit.org](http://www.metrotransit.org)

### Parking Meters:

There are a limited number of parking meters on 9th Street, LaSalle Avenue and 10th Street. Cost is \$2 for one hour. Some meters have a two-hour limit.